Choices in Your Recovery: Learn to Make Decisions for YOUR Treatment Plan

Purpose/Goals of This Issue

- **Help** people living with mental health conditions to make beneficial recovery choices and decisions.
- **Encourage** people to think about their choices and consider the short-term and long-term effects of decisions.
- **Teach** individuals how to break large choices into smaller, more manageable considerations and decisions.
- **Educate** people about medication decisions and options.
- **Offer hope and inspiration** to people during their recovery process.

Target Audiences

- People living with schizophrenia and schizoaffective disorder
- Treatment team members, including case managers, social workers, peer counselors, and psychiatrists
- Caregivers and loved ones
- Advocacy organizations

Uses: This piece can be used in the following ways:

- **One-on-One Settings** such as a case manager or psychiatrist meeting with his or her client
- **Group Settings** such as day programs, support groups, and peer-to-peer groups
- **Individually** at a person’s own pace

About This Issue:
The topic of this issue is **Choices in Your Recovery: Learn to Make Decisions for YOUR Treatment Plan**. The issue empowers people living with mental health conditions to be part of the decision-making process and make sound choices that lead them in the direction of their goals.
Choices in Your Recovery: Learn to Make Decisions for YOUR Treatment Plan

Content Overview

Introducing the Topic (Pages 2-3)
- Talks about the small and big choices people make during their recovery journey.
- Encourages people to make choices that solve a problem or move them in the direction of life goals.
- Empowers people to consider the short- and long-term effects of their choices.

Breaking Choices Into Smaller Pieces (Pages 4-5)
- Reviews the example of Getting a Job. Discusses how breaking down choices into smaller pieces or considerations can help a person figure out his or her decision.
- Conveys the helpful TIPS.
- Have your client fill out the Making Choices That Are Right for YOU Worksheet. This handout helps people explore choices and identify people who can help with the decision and also allows the user to break down a choice he or she is facing into smaller pieces.

Explore Solutions: Treatment Options (Pages 6-8)
- Explains the dosing and delivery differences between short-acting and long-acting antipsychotic medication.
- Outlines supportive treatments a person might wish to explore and discuss with his or her treatment team.
- Provides medication considerations to discuss with the doctor.
- Encourages clients to participate and make informed decisions about treatment.
- Offers decision-making strategies for success to share with clients.

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